

**A STUDY OF PREVALENCE OF
MICROALBUMINURIA IN
NON DIABETIC NON HYPERTENSIVE CAD**



**DISSERTATION SUBMITTED FOR M.D.DEGREE
EXAMINATION**

BRANCH I – GENERAL MEDICINE

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**TIRUNELVELI MEDICAL COLLEGE
THE TAMILNADU DR. M.G.R. MEDICAL UNIVERSITY
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CERTIFICATE

This is to certify that this dissertation entitled “**PREVALENCE OF MICROALBUMINURIA IN NON DIABETIC NON HYPERTENSIVE CAD**” is a bonafide record of work done by **Dr. KHADHAR MOHAMED SARJUN BASHA.S** under my guidance and supervision in Tirunelveli Medical College Hospital during the period of his Post Graduate Study for M.D.(General Medicine) from 2008 – 2011.

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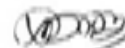
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LIST OF ABBREVIATIONS

CAD	→	Coronary artery disease
CVD	→	Cardiovascular disease
CRP	→	C – reactive protein
EDRF	→	Endothelial derived relaxing factor
ELISA	→	Enzyme linked immunosorbant assay
HDL	→	High density lipoprotein
IHD	→	Ischemic heart disease
LDL	→	Low density lipoprotein
TGL	→	Triglycerides
MCP-1	→	Monocyte chemoattractant protein – 1
PDGF	→	Platelet derived growth factor
UAE	→	Urine albumin excretion
VCAM-1	→	Vascular cell adhesion molecule-1
TNF	→	Tumour necrosis factor
IL-1	→	Interleukin – 1
RIA	→	Radio immunoassay
PGI ₂	→	Prostaglandin I ₂
n	→	Frequency

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INTRODUCTION

IHD which has an estimated prevalence of 6–9 % in general population in India may become the leading cause of mortality and morbidity in India by year 2025. Since the pioneering work of Framingham study, many prospective and clinical studies have identified series of independent risk factors for ischemic heart disease among which age, male gender, a positive family history of premature atherosclerotic disease, cigarette smoking, diabetes mellitus, hypertension, dyslipidemia, obesity, physical inactivity are traditional risk factors.

The interest in improving cardiovascular risk assessment, resulting from a better understanding of the pathogenesis of atherosclerosis and identification of new targets for anti-atherosclerotic drug therapy has stimulated the search for novel risk factors. One such novel risk factor is microalbuminuria which has emerged as an independent and robust risk factor.

Microalbuminuria is a marker of widespread vascular damage in diabetic as well as non-diabetic patients. However more and more evidence is accumulating that microalbuminuria is an important cardiovascular risk factor even in general population. Its early detection helps in preventing the progression of cardiac decompensation.

Aggressive treatment of microalbuminuria is associated with improved renal and cardiac functions.

The present study is being conducted to determine the prevalence of microalbuminuria in non-diabetic and non-hypertensive ischemic heart disease patients and its association with other known cardiovascular risk factors.

AIM OF STUDY

1. To find out the Prevalence of microalbuminuria in non-diabetic and non-hypertensive patients with Coronary heart disease .
2. To find out the association between microalbuminuria and smoking.
3. To find out the association between microalbuminuria and hyperlipidemia.

REVIEW OF LITERATURE

IHD

Ischemia refers to a lack of oxygen due to inadequate perfusion of the myocardium, which causes an imbalance between oxygen supply and demand. The most common cause of myocardial ischemia is obstructive atherosclerotic disease of epicardial coronary arteries.

Pathogenesis of Atherosclerosis:

Marchand introduced the term “Atherosclerosis” describing the association of fatty degeneration and vessel stiffening¹. This process affects medium and large sized arteries and is characterized by patchy intramural thickening of the sub-intima that encroaches on arterial lumen.

Atherosclerotic plaque has three principal components. The first is cells including smooth muscle cells, macrophage and other leukocytes. The second component is extracellular matrix including collagen, elastic fibers and proteoglycan. The third component is intracellular and extracellular lipid. These components occur in varying proportion and configuration in different lesions

Initiation of Atherosclerosis:

Endothelial Injury:

The luminal surface of a normal artery is covered with a monolayer of endothelial cells attached to sub endothelial matrix. The endothelial cells also provide the artery with nonthrombogenic surface. Injured endothelial cells appear morphologically different from normal endothelial cells; unlike normal cells, they are typically not aligned in the direction of blood flow and they have fewer intracellular attachments resulting in increased permeability². Injured endothelial cells are also more thrombogenic than the normal endothelial cells because of their diminished production of PGI₂ and EDRF-NO³. Injured endothelial cell promote vascular smooth muscle cell migration and proliferation by releasing less EDRF-NO and by secreting PDGF and endothelial-1⁴. Finally injured endothelial cell promote the recruitment of macrophage by secreting Monocyte Chemoattractant Protein-1(MCP-1) and by expressing cell surface receptors or selectins to which monocyte can bind^{5, 6, 7}.

Role of Inflammation:

Following endothelial dysfunction, endothelial cells express VCAM-1 which binds monocyte and T-lymphocyte. The monocyte migrates between extracellular matrix to localize in intima and transforms into macrophage and become lipid laden foam cells. Macrophage produces IL-1, TNF and MCP-1, which further cause migration of leukocytes into arterial wall. The lipoproteins that enter into the intima of arteries associate with glycosaminoglycans of arterial extracellular matrix, an interaction that slows egress of these lipid-rich particles from the intima. The lipoprotein undergoes oxidative modification to form oxidized LDL which are preferentially endocytosed by macrophage through macrophage scavenger receptors. Thus the monocyte attachment to endothelium, migration into the intima and maturation to form lipid-laden macrophage represents **key steps in formation of the fatty streak.**

FIBROTIC LESION FORMATION:

Fatty streak are converted to fibrotic lesion by forming fibrotic cap composed of smooth muscle cells. The PDGF causes migration of

smooth muscle cells from media into the intima. TGF-BETA potentially stimulates interstitial collagen production by smooth muscle cell thus leading to formation of fibro fatty lesion.

ADVANCED LESION FORMATION:

The final stage in the development of an atherosclerotic lesion is the conversion of fibrotic lesion into advanced lesion, a lesion in which a thrombus has formed subsequent to either plaque ulceration or intraplaque hemorrhage.^{4, 8,9,10} The relative paucity of smooth muscles in advanced atheroma may result from the predominance of cytostatic mediators such as TGF-ALPHA or INF GAMMA and from smooth muscle cell apoptosis.

EPIDEMIOLOGY AND PREVENTION OF ATHEROSCLEROSIS:

Atherosclerosis is a multifactorial disease where age of onset and progression are strongly influenced by inborn and acquired risk factors. Since the pioneering work of the Framingham study, many prospective population and clinical studies have identified a series of independent risk factors for myocardial infarction, stroke and PVD, among which the

pre-existence of atherosclerotic vascular disease, age, male gender, a positive family history of premature atherosclerotic disease, smoking, diabetes mellitus, hypertriglyceridemia, hypercholesterolemia, hypertension and low HDL cholesterol are considered as

classical risk factors

In a given individual, the presence of a single risk factor has a low positive predictive value. In contrast, the presence of several moderately expressed risk factors can produce a significant increase in cardiovascular risk.

Therefore at present the most advanced strategy for coronary risk assessment is to combine the information of several risk factors in algorithm or scores. Current international guidelines base their recommendations for the indication of hypolipidemic drug treatment in clinically asymptomatic patients (primary prevention) on the estimation of global risk.

Thousands of cross-sectional case control studies have identified hundreds of clinical, biochemical or genetic markers that showed statistically significant association with coronary heart disease, stroke,

PVD. Most of the associations were either not reproducible in other studies or not independent of clinical risk factors. However some of these emerging risk factors, turned out to be robust and independent. Currently there is an intense discussion whether they should be introduced into routine risk assessment. This specially concerns lipoprotein (a), CRP, fibrinogen, homocysteine and microalbuminuria

MICROALBUMINURIA:

A consensus conference in 1995 defined microalbuminuria in individual with diabetes as a abnormal urinary excretion rate of albumin between the range 20 – 200 µg/min or 30 – 299 mg/day.¹¹ This is still the definition used today and is applicable to all people regardless of associated pathological condition.

Prevalence of microalbuminuria:

Type 1 diabetes– 4 - 40%, Type 2 diabetes – 30 - 40%, hypertension – 7- 40%, Non – diabetic – 5 - 7%.

Epidemiologic and experimental date shows that microalbuminuria is associated with an increased risk for all cause and cardiovascular mortality, cardiac abnormality, cardiovascular disease and periodically PVD.

In Heart outcome prevention evaluation (HOPE) study, UAE predicted mortality in patients who were at cardiovascular risk (55 years of age with CVD (or) DM and at least one other cardiovascular risk factor).¹² All cause mortality was 9.4% among patient without microalbuminuria versus 18.2% among those with microalbuminuria [Relative Risk(RR)]2.09% ; 95% confidence interval] . A linear relationship was also observed between microalbuminuria level and cardiovascular events, extending below the traditional microalbuminuria threshold.

The presence of microalbuminuria also seems to predict all cause mortality in the personal population. This was initially shown in Prevention of renal and vascular end stage disease (PREVEND STUDY), in which inhabitant of Gramingam, The Netherland, who were aged 28 - 75 years were sent a questionnaire and a vial to collect an early-morning urine sample for measurement of UAE. A total of 40,548 participants, who were followed for 26 years were included in an analysis of mortality by baseline UAE. A clear positive relationship was observed

between UAE and all cause cardiovascular and non cardiovascular mortality.

In the Steno hypothesis put forward by Deckert et al, albumin leakage into the urine is a reflection of widespread vascular damage. This hypothesis links impaired vascular endothelial function with vascular leakage of albumin. The kidney thus would become a window to the vasculature.

In the non-diabetic American Indians of the strong heart study, the prevalence of coronary heart disease, peripheral vascular disease and stroke was associated with microalbuminuria (ACR between 30 and 300mg/g) independent of age, diabetes, systolic blood pressure, cholesterol and fibrinogen.^{51, 52}

Stronger evidence for microalbuminuria as an independent risk marker was produced by Damsgaard et al.⁵³ who showed prospectively a threefold higher death rate in normoglycemic individuals where albuminuria was equal to or above the median (>7.52 microgram/min).

**Table 1: Clinical studies reporting the risk associated with positive
microalbuminuria results**

No	Study	Microalbuminuria Definition	Population	Risk associated with positive microalbuminuria results (95% CI)
(A) Prospective studies				
1	Prospective studies HOPE ¹⁷	ACR ≥ 2 mg/mmol in a First morning spot urine sample	Subjects at high cardiovascular risk ≥ 55 yr with CVD or with diabetes ≥ 1 CVD risk factor; n = 9043)	All-cause mortality: RR 2.09 (1.84 to 2.38)
2	PREVEND ¹⁸	UAE 20 to 200 mg/L in an early morning spot urine sample	Residents of Groningen, The Netherlands, 28 to 75 yr (n = 40,548)	Cardiovascular death: RR 1.29(1.18 -1.40) Non cardiovascular death: RR 1.12 (1.04 to 1.21)
3	PREVEND ¹⁹	UAE 30 to 300 mg in a 24-h urine Sample	Residents of Groningen, the Netherlands, 28 to 75yr (n = 7330)	All-cause mortality: HR 3.3 (1.5 to 7.1) for patients with ST-T segment changes with microalbuminuria versus 0.9 (0.4 to 1.9) for ST-T segment changes alone Cardiovascular death: HR 10.4 (2.5 to 43.6) for patients with ST-T segment changes with

				microalbuminuria versus 2.7 (0.6 to 12.3) for ST-T segment changes alone
4	Hoorn Study ²⁰	ACR \geq mg/mmol in a first morning spot urine sample	Population-based: White individuals, 50 to 75 yr (n = 631)	Cardiovascular death: RR 3.22 (1.28 to 8.06) All cause mortality: RR 1.70 (0.86 to 3.34) All-cause mortality in patients with hypertension: RR 2.87 (1.22 to 6.33)
5	HUNT ²¹	ACR \geq 76 mg/mmol (60th percentile) in a first morning urine sample	Non-diabetic, non-hypertensive residents of Nord-Trøndelag Norway, \geq 20 yr (n = 2089)	All-cause mortality: RR 2.3 (1.0 to 5.4)
6	EPIC-Norfolk ²²	ACR 2.5 to 25 mg/mmol in a random spot urine sample	Residents of Norfolk, UK, 40 to 79 yr (n = 20,911)	All-cause mortality: HR 1.48 (1.20 to 1.79) Cardiovascular death: HR 2.03 (1.55 to 2.67) Fatal stroke: HR 1.58 (1.10 to 3.0) Coronary heart disease death: HR 2.01 (1.40 to 2.90)
7	EPIC-Norfolk ²³	ACR 2.5 to 25 mg/mmol in a random spot urine sample	Residents of Norfolk, UK, 40 to 79 yrs (n = 23,630)	Stroke: HR 1.49 (1.13 to 2.14)

8	Danish ²⁴ MONICA	ACR >0.65 mg/mmol (>90th percentile) in a first-morning spot urine	Population- based: Individuals without IHD, renal failure, UTI, diabetes	Ischemic Heart Disease: RR 2.3 (1.3 to 3.9)
9	Shibata Study ²⁵	Positive albumin dipstick test	Residents of Shibata, Japan, >40 yr (n =2651)	Stroke: RR in men 2.5 (1.1 to 5.7)
10	Portland ²⁶ Study	UAE 20 to 200 mg/L in a first morning spot urine sample)	Older residents of Portland, Oregon, with previous stroke or transient ischemic attack (n =121)	Recurrent stroke: HR 4.9(1.4 to 17.6)
11	Slowik et al. ²⁷	UAE 30 to 300 mg in a 24-h urine Sample	Patients admitted within 24 h of <i>first ischemic stroke</i> (n = 60)	Mortality: OR 6.0 (1.3 to 27.7)

(B) Cross-sectional studies

12	Cross- sectional ²⁸ studies Zander <i>et al.</i>	UAE 20 to 200 mg/L in an early morning spot urine sample	Patients with type 2 Diabetes.(n = 1060)	PAD: OR 2.1 (1.4 to 3.2)
13	PREVEND ²⁹	UAE 30 to 300 mg in a 24-h urine sample	Non-diabetic residents of Groningen, the Netherlands, 28 to 75yr	Electrocardiographic abnormalities: Infarct patterns: OR 1.61 (1.12 to 2.32) Major ischemia: OR

			(<i>n</i> = 7579)	1.43 (1.08 to 1.91) Minor ischemia: OR 1.32 (1.03 to 1.68)
14	PREVEND ³⁰	UAE 30 to 300 mg in a 24-h urine sample	Non-diabetic residents of Groningen, the Netherlands, 28 to 75 yr(<i>n</i> = 6669)	PAD : OR 0.98(0.68 to 1.41) in multivariate analysis

Table 2 : List of the available cross-sectional (C) and prospective (P) studies reporting data about non-diabetic microalbuminuria and/or urinary albumin excretion as a covariate and/or predictor of cardiovascular events

No	Author/ref.	Date	N	Design	End-point	Population
1	Yudkin ⁴²	1988	187	C/P	Major, minor ECG changes, history of MI and angina peripheral vascular disease	Diabetic, glucose-intolerant and non-diabetic subjects
2	Haffner ⁴³	1990	316	C	Self-reported MI	Non-diabetic subjects
3	Damsgaard ⁴⁴	1990	216	P	Total mortality	Non-diabetic subject
4	Winocour ⁴⁵	1992	447	C	ECG abnormalities	Diabetic and non-diabetic subjects
5	Damsgaard ⁴⁶	1992	216	P	Total abnormality	Non-diabetic subjects
6	Damsgaard ⁴⁷	1993	216	P	Total mortality	Non-diabetic subjects
7	Gould MI ⁴⁸	1994	959	C	M I, angina, peripheral	Non-diabetic subjects

					vascular disease	
8	Howard ⁴⁹	1995	4549	C	Definite MI and ischemic heart disease	Diabetic and non-diabetic American Indians
9	Kuusisto ⁵⁰	1995	1069	P	Fatal and non-fatal coronary heart disease	Non-diabetic subjects

Pathophysiology of microalbuminuria:

The intimate relationship between low level albumin excretion and vascular permeability makes urinary albumin excretion highly sensitive to the presence of any inflammatory process, including cardiovascular disease. The kidney is ideally placed to amplify any small changes in systemic vascular permeability. The glomeruli receive 25% of cardiac output. Of the 70kg of albumin that pass through the kidneys every 24hours, less than 0.01 % reaches the glomerular ultra filtrate (i.e., less than 7g/24hrs) and hence enter the renal tubules.^{32,33}

Almost all the filtered albumin is reabsorbed by the proximal tubule through a high affinity, low capacity endocytotic mechanism,³⁴ with only 10-30mg/24hrs appearing in urine. Assuming that 7g of

albumin is filtered every 24hrs; a 1% increase in systemic vascular permeability in response to an inflammatory stimulus would result in an additional 70mg of albumin passing into the filtrate. Since tubular mechanisms for albumin reabsorption are near saturation, urinary albumin excretion would increase from a maximum of 30 to approx 100mg/24hr.

Glomerular permeability to albumin is dependent on endothelial charge selectivity as well as size selectivity. The negative charge conferred on glomerular membrane by its constituent glycoprotein plays a role in restricting the permeability of anionic proteins. Loss of glomerular charge selectivity has been found in both diabetic and non-diabetic population with microalbuminuria.^{35, 36}. Similarly, alteration in the fraction of plasma filtered by glomeruli due to changes in blood pressure and intra glomerular pressure regulation may also result in relatively large changes in urinary albumin excretion.

Microalbuminuria may be a marker of generalized vascular disease with arterial endothelial dysfunction being involved in the pathogenesis of atherothrombotic vascular disease.

In an individual with microalbuminuria who does not have diabetes, both endothelial dysfunction and alteration in ECM contribute to increase in vascular permeability and ultimately promote the atherosclerotic process. Defective endothelial permeability permits lipid influx into the vessel wall causing atherosclerotic changes.^{37,38,39} An impairment of normal endothelial antithrombotic and vasodilatory properties is a main factor in atherogenesis.⁴⁰ Endothelial dysfunction seems to play a key role in non-diabetic glomerulosclerosis and atherosclerosis. Microalbuminuria is also associated with biochemical indices of endothelial dysfunction such as increased VWF and increased platelet adhesiveness. In both non-diabetic and diabetic patients, it was observed that participants with microalbuminuria had higher plasma level of VWF antigen than patient with normal albumin excretion.

Microalbuminuria and cardiovascular disease may be linked not by a common risk factor but rather by a common pathophysiological process. One is that, dysfunction of the vascular endothelium causes both microalbuminuria and cardiovascular disease.^{54,55} Generalized endothelial dysfunction now is considered a transducer of atherogenic risk factor

and is thought to play an important role in both the initiation and progression of atherosclerosis. Abnormalities in the endothelial glycocalyx may contribute to microalbuminuria but also have been implicated in pathogenesis of atherosclerosis, thus providing a potential direct link between microalbuminuria and cardiovascular disease.

Microalbuminuria is a marker of widespread vascular damage in diabetic as well as non-diabetic patient. Microalbuminuria is also associated with presence of other well recognized risk factor for CAD. Its early detection helps in preventing the progression of cardiac decompensation. Aggressive treatment of microalbuminuria is also associated with improved renal and cardiac functions.

An unfavorable pattern of lipid abnormality already exists at the stage of microalbuminuria when renal function is still normal. The abnormality consists of elevated total cholesterol and VLDL and reduced HDL.

Another interesting theory is that some individuals are born with varying degree of vascular function within a physiologic range and therefore excrete a variable amount of microalbuminuria. This inherent

variability of the vascular state as determined by urine microalbumin excretion may be associated with susceptibility to subsequent organ damage. This could also explain why microalbuminuria is a predictor of not only CVD but also new-onset hypertension and diabetes. If this proves to be the case, then it may be desirable to identify these individuals to consider early interventional strategies to provide primary prevention.

Microalbuminuria is associated with increased cardiovascular disease as most commonly microalbuminuria reflects pathophysiological process predisposing to atherothrombosis. Atherothrombosis is low grade inflammatory disease of vessel wall characterized by endothelial dysfunction and increased transendothelial passage of leucocytes. This feature could be the pathogenic factor linking microalbuminuria to cardiovascular disease.⁵⁶

Screening for Microalbuminuria:

Urinary albumin concentration can be quantified by a number of antibody based assay. These include Radioimmunoassay, Laser nephelometry, Immunoturbimetry and ELISA.

Although the gold standard test for microalbuminuria is the RIA, other tests are generally sensitive enough for clinical practices.

Immunoturbidimetric assay of microalbuminuria is depending on the turbidity of a solution when albumin in sample of urine reacts with a spectrophotometer and the absorbency is proportional to the albumin concentration. Recently an assay called HPLC was used to measure unreactive intact albumin that is not recognized by immunologic methods. However, the clinical significance of this method is not fully understood. Whichever method used, the same assay should be used when comparing the albuminuria results over time for a patient. The choice of assay used is largely determined by issues of accuracy, cost & convenience.

One of the most extensively investigated methods to screen for microalbuminuria is the immunometric dipstick micraltest, microbumin test. Because these tests are semi-quantitative, a true co-efficient of variation cannot be determined. In general these albumin reagent strip test are more sensitive than standard dipsticks, but they also have a relatively high rate of false-positive results. For the diagnosis of

microalbuminuria, a 24 hour urine collection is the gold standard. Because of the effort involved, it is not the method of choice for screening. The second best is a timed overnight urine collection. Again because this requires collection of urine over a given time period, this may be acceptable for screening specific groups such as patients with diabetes or hypertension but less feasible for population screening. The next best is a first morning void urine sample. This has advantages over a spot-urine sample because it is always performed at the same time of the day and it is least influenced by hydration status and physical activity of the patient, reducing the variability that is caused by these factors.

The albumin-to-creatinine ratio (ACR) in random or timed urine collection may be more quantitative than a simple dipstick screening procedure but has a number of limitations. For eg:

- Obtaining ACR on morning first void sample may underestimate 24hour protein excretion because of reduction in proteinuria that occurs normally at night.

- The fact that urinary creatinine must be measured in addition to albumin introduces another source of error.

-Urine creatinine concentration is extremely variable, so very different ratios can be obtained in individuals with similar protein excretion rates.

-Moreover creatinine excretion in the urine depends not only on gender but also on age and race.^{57, 58}

This may explain why urinary albumin concentration from a spot sample performs equally well for definition of microalbuminuria as albumin-to-creatinine ratio.⁵⁹

Table 3 :Classification of abnormal urinary albumin excretion:

	24 Urine Albumin (mg/24 h)	Overnight Urine Albumin (microg/min)	Spot Urine			
			Albumin (mg/L)	Albumin/Creatinine Ratio		
				G*	mmol/g	mg/g
Normal	<15	<10	<10	M	<1.25	<10
				F	<1.75	<15
High normal	15 to <30	10 to <20	10 To<20	M	1.25 To <2.5	10 To<20
				F	1.75 To<3.5	15 to<30
Microalbuminuria	30 to<300	20 to <200	20 To<200	M	2.5 to 25	20 to<200
				F	3.5 to 35	30 to<300
Macroalbuminuria	>300	>200	>200	M	>25	>200
				F	>35	>300

G* - Gender

MATERIAL AND METHODS

The study was carried out in the Department of General Medicine, Tirunelveli medical college hospital, Tirunelveli.

Study Design:

Randomized hospital based study.

Study subjects:

50 non diabetic and non hypertensive CAD patients were selected from those admitted in General Medicine wards and Cardiology Department during the period March 2010 to November 2010

Inclusion Criteria

1. The diagnosis of coronary heart disease was based on 12 lead ECG, cardiac enzyme estimation, echocardiography and rose questionnaire.
2. Normal values of Total cholesterol <200 mg/dl, HDL >40mg/dl [Male] >50mg/dl [Female], TGL ≤150mg/dl, LDL <130 has been taken as the cut-off value for this study.

Exclusion Criteria

1. Hypertension defined as JNC VII and patients who were taking anti hypertensive drugs.
2. Diabetes mellitus defined as per ADA criteria
3. Patients with urinary tract infection, congestive cardiac failure, seizures and fever
4. Urine showing - macroalbuminuria.

Methods of collection of DATA

This was hospital based study involving 50 patients.

Data collection was by clinical history, examination and investigations such as blood investigations- fasting blood sugar, blood urea, serum creatinine, serum electrolytes, fasting lipid profile, urine albumin and deposits, chest X ray PA view, ECG, Echo are done and reports were analyzed thoroughly.

Microalbuminuria was detected by immunoturbidimetric method in early morning first voided urine.

The reference range of normal microalbuminuria is 0 – 20 mg/l

Early morning first voided urine after discarding initial 10 – 20 ml urine was collected using sterile plastic container and investigation was done within 2 hours of collection of urine.

Statistical Analysis:

The DATA is presented as Mean \pm 2SD. The limits of significance were calculated using SPSS version 13 software.

Statistical Software:

Microsoft Word and Microsoft Excel were used to generate graphs, tables, etc.

OBSERVATIONS AND RESULTS

RESULTS:

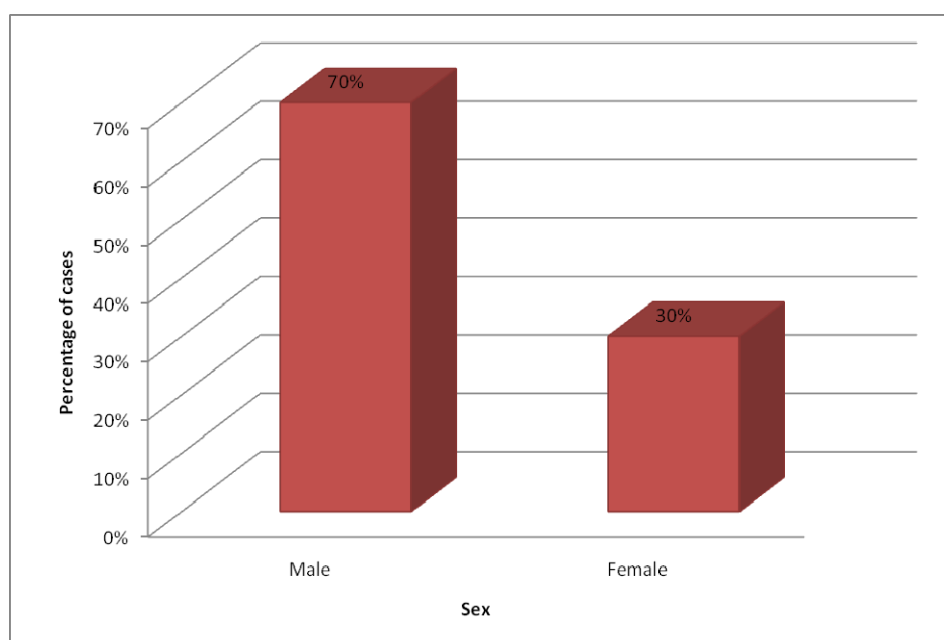
Fifty patients fulfilling the criteria for the study were included. The study was done over a period of nine months. Data was collected as per the proforma attached

1. Sex distribution:

In the present study, out of 50 patients, 35 were males and 15 were females.

Table 4: Sex distribution in study subjects

Sex	No. of patients	Percentage
Male	35	70%
Female	15	30%



M: F ratio = 2.33: 1 in this study

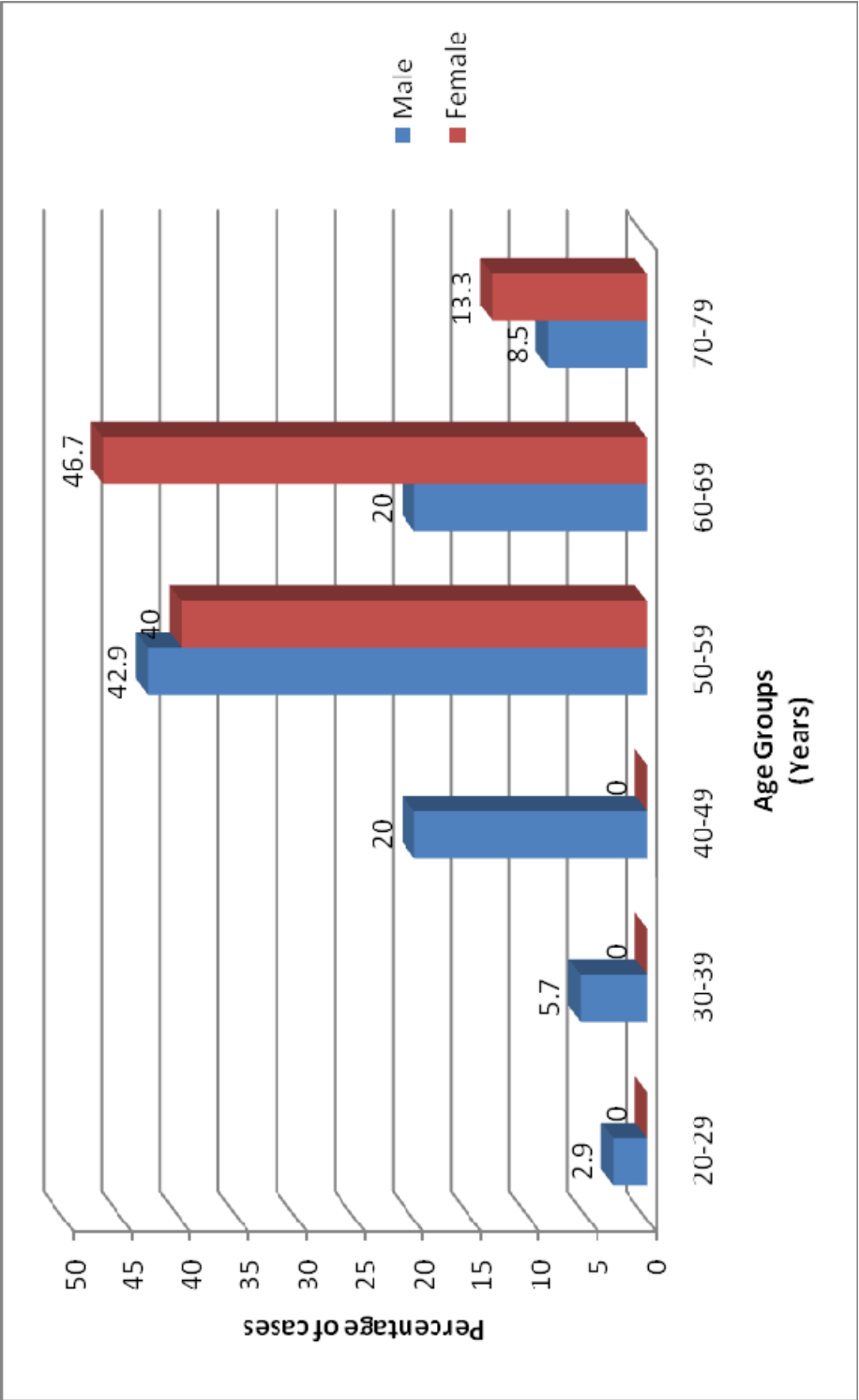
2. Age and sex wise distribution of the study subjects:

Table 5: Age and sex wise distribution of the study subjects

Age Groups (Years)	Sex				Total	
	Male		Female			
	n	%	n	%	n	%
20-29	1	2.9	-	-	1	2
30-39	2	5.7	-	-	2	4
40-49	7	20	-	-	7	14
50-59	15	42.9	6	40.0	21	42
60-69	7	20	7	46.7	14	28
70-79	3	8.5	2	13.3	5	10
Total	35	100	15	100	50	100
Mean± SD	53.8± 11.6		60.5± 6.7		55.8± 10.7	
Significance	t=2.099 and P <0.05					

The mean age of the study population was 55.8 ± 10.7 with the range of 26 – 75years. The median age was 57years. The mean age for males was 53.8 ± 11.6 years and the same of females was 60.5 ± 6.7 years. The difference of mean was statistically significant ($P < 0.05$). This interpretation reveals that males were affected by CAD earlier than females

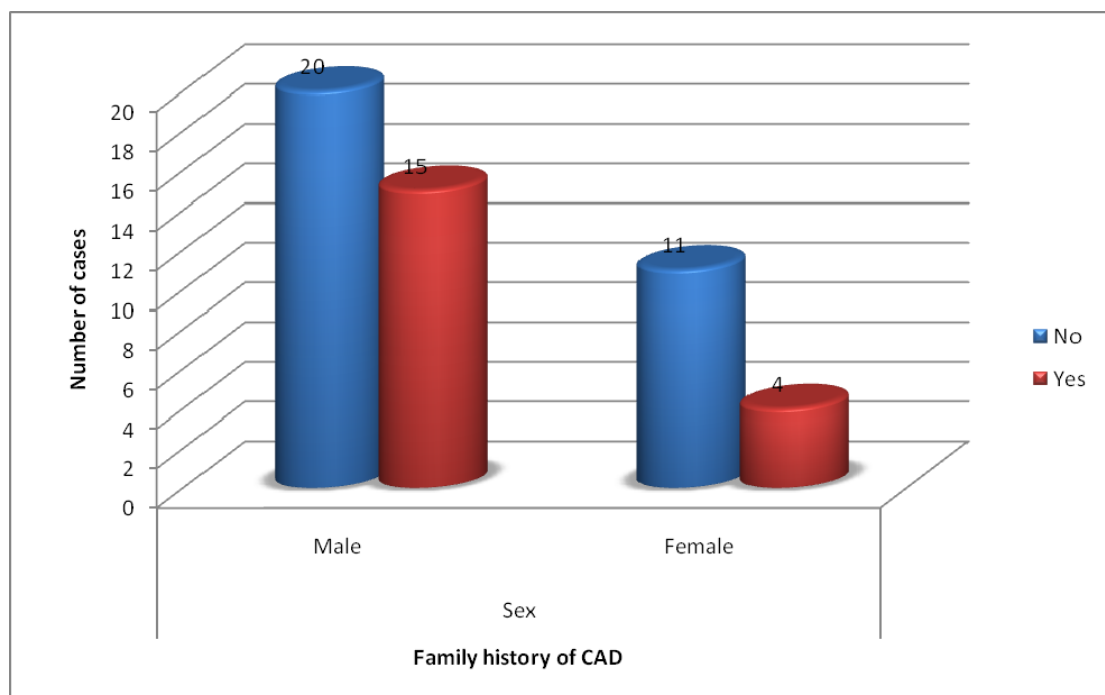
Age and sex wise distribution of the study subjects



3. Family history of ischemic heart diseases:

Table 6: Family history of ischemic heart disease in study subjects

Family history of IHD	Sex		Total
	Male (n=35)	Female (n=15)	
No	20	11	31
Yes	15	4	19



Family history of IHD was present in 38% of the study subjects.

4. Sex wise classification of study subjects according to the smoking habit

Table 7: Sex wise classification of study subjects according to the smoking habit

History	Sex				Total	
	Male (n=35)		Female (n=15)			
	n	%	n	%	n	%
Smokers	33	94.3	Nil	Nil	33	66
Non smokers	2	5.7	15	100	17	34
Total	35	100	15	100	50	100

Among the males 94.3% were smokers and 5.7% were non smokers. 100% of women were non smokers.

5. Sex wise classification of study subjects according to family history

Table 8: Sex wise classification of study subjects according to family history

History	Male		Female		Total	
	n	%	n	%	n	%
Yes	15	42.8	4	26.6	19	38
No	20	57.1	11	73.3	31	62
Total	35	100	15	100	50	100

6.Physiological ,biochemical profile & microalbuminuria of the study subjects

Table 9:Physiological, biochemical profile and microalbuminuria of the study subjects

Variables	Mean	SD	Median	Mode
Systolic BP	115.6	9.5	120	110
Diatolic BP	74.8	6.5	80	80
Fasting blood sugar	100.0	8.6	100	100
Total CHO	178.6	26.8	178.5	175
TGL	144.5	51.1	137	110
HDL	42.6	3.8	42.5	40
LDL	123	24.8	120	120
Microalbuminuria	35.9	22.2	30	30

The above table shows description of the physiological measures.The Mean \pm SD, Median, Mode of each variables were represented. In this study, the major dyslipidemia was increased TGL, increased LDL & decreased HDL

7.Comparison of smoking habit with the age of study subjects

Table 10 :Comparison of smoking habit with the age of study subjects

Category	Yes			No			Difference of mean	t	Degree of freedom	P
	n	Mean age	SD	n	Mean age	SD				
Smoking habit	33	52.9	11.3	17	61.5	6.8	8.6	2.891	48	<0.01

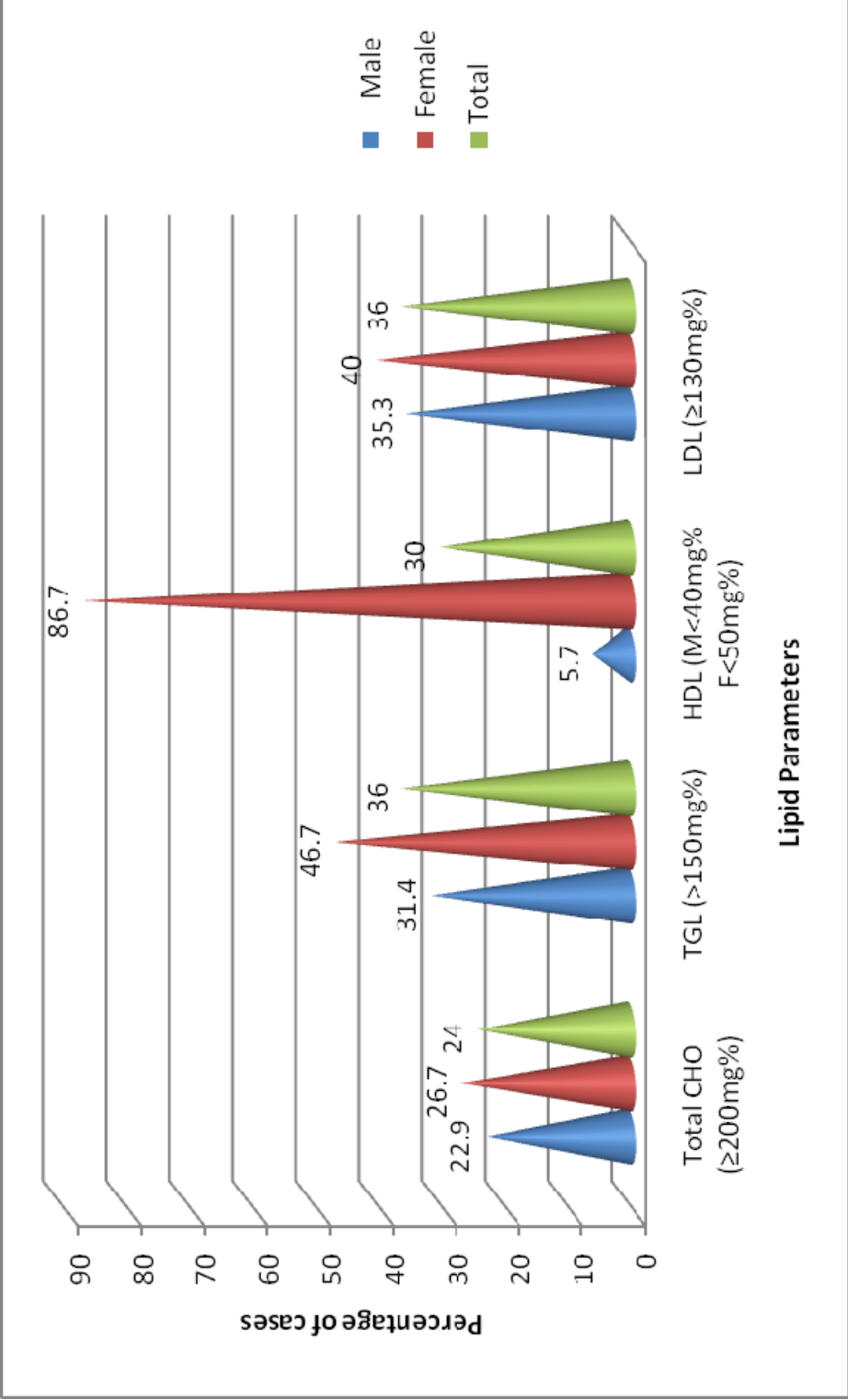
The above table shows the mean age of smokers who were affected by the disease was 52.9 ± 11.3 years and the same of the non-smokers was 61.5 ± 6.8 years. The difference between the mean was statistically highly significant ($P < 0.01$).

8.Abnormal Lipid Parameters:

Table 11 :Abnormal lipid parameters

Lipid parameters	Male (n=35)		Female(n=15)		Total (n=50)	
	n	%	n	%	n	%
Total CHO ($\geq 200\text{mg}\%$)	8	22.9	4	26.7	12	24
TGL ($>150\text{mg}\%$)	11	31.4	7	46.7	18	36
HDL (M $<40\text{mg}\%$ F $<50\text{mg}\%$)	2	5.7	13	86.7	15	30
LDL ($\geq 130\text{mg}\%$)	12	35.3	6	40	18	36

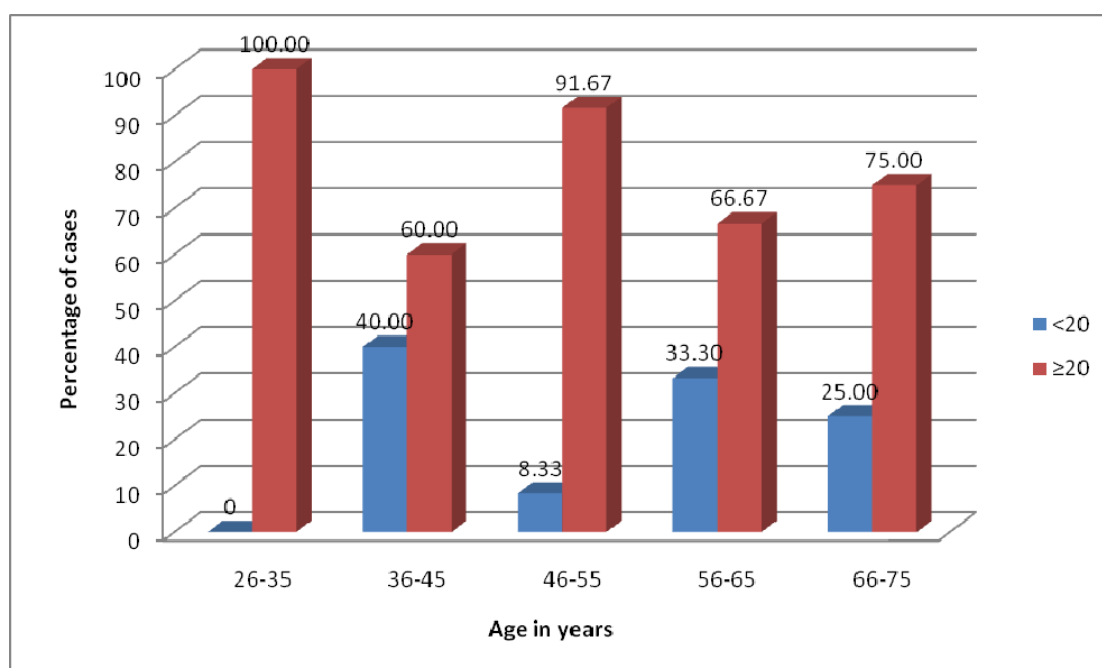
Abnormal Lipid Parameters



9. Distribution of microalbuminuria in various age groups:

Table 12: Distribution of microalbuminuria in various age groups

Age in years	Microalbuminuria (mg/L)			
	<20		≥20	
	n	%	n	%
26-35	0	-	4	100
36-45	2	40	3	60
46-55	1	8.33	11	91.67
56-65	7	33.3	14	66.67
66-75	2	25	6	75



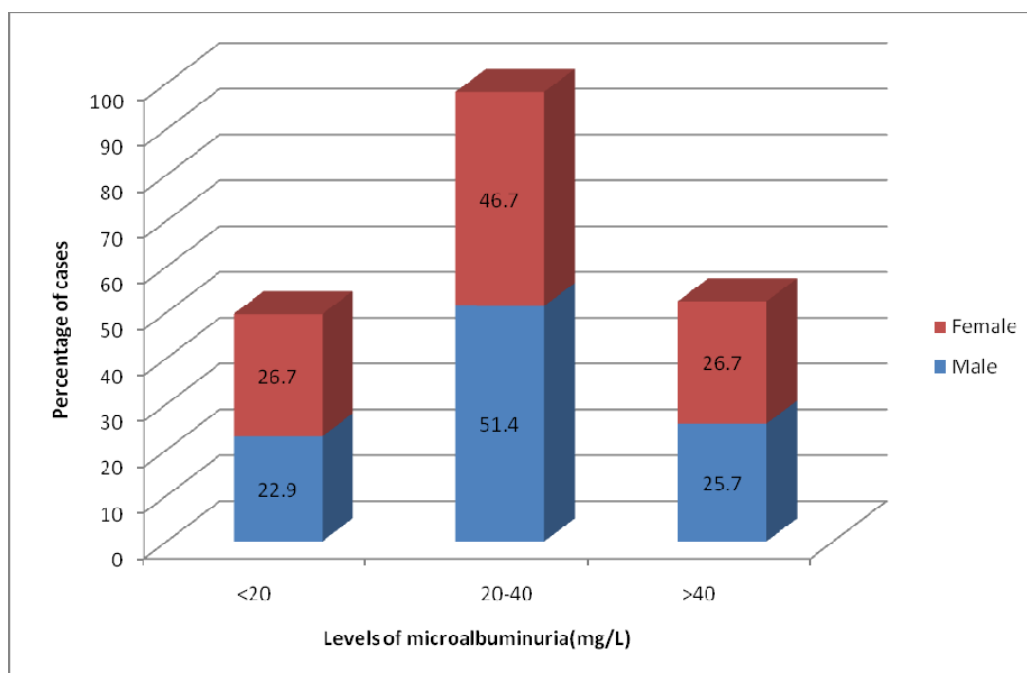
10. Level of microalbuminuria (mg/L)

Table 13: Levels of microalbuminuria (mg/L)

Microalbuminuria (mg/L)	Male (n=35)		Female (n=15)		Total (n=50)	
	n	%	n	%	n	%
<20	8	22.9	4	26.7	12	24%
20-40	18	51.4	7	46.7	25	50%
>40	9	25.7	4	26.7	13	26%

There were 25 males (71.4%) and 12 females (80%) with abnormal microalbuminuria level in the present study.

This shows that patients with microalbuminuria are having a higher risk of developing ischemic heart disease.



11.Prevalence of microalbuminuria in non-diabetic non-hypertensive

CAD patients:

**Table13: Prevalence of microalbuminuria in non-diabetic
non-hypertensive CAD patients**

Microalbuminuria	CAD Patients		Significance
	n	%	P < 0.001
Normal(<20mg/l)	12	24	
Abnormal(\geq 20mg/l)	38	76	

The above table shows the prevalence of microalbuminuria among CAD patients as 76% and the same of the normal population is 15%.The difference between the two prevalence rates was statistically significant (P<0.001).

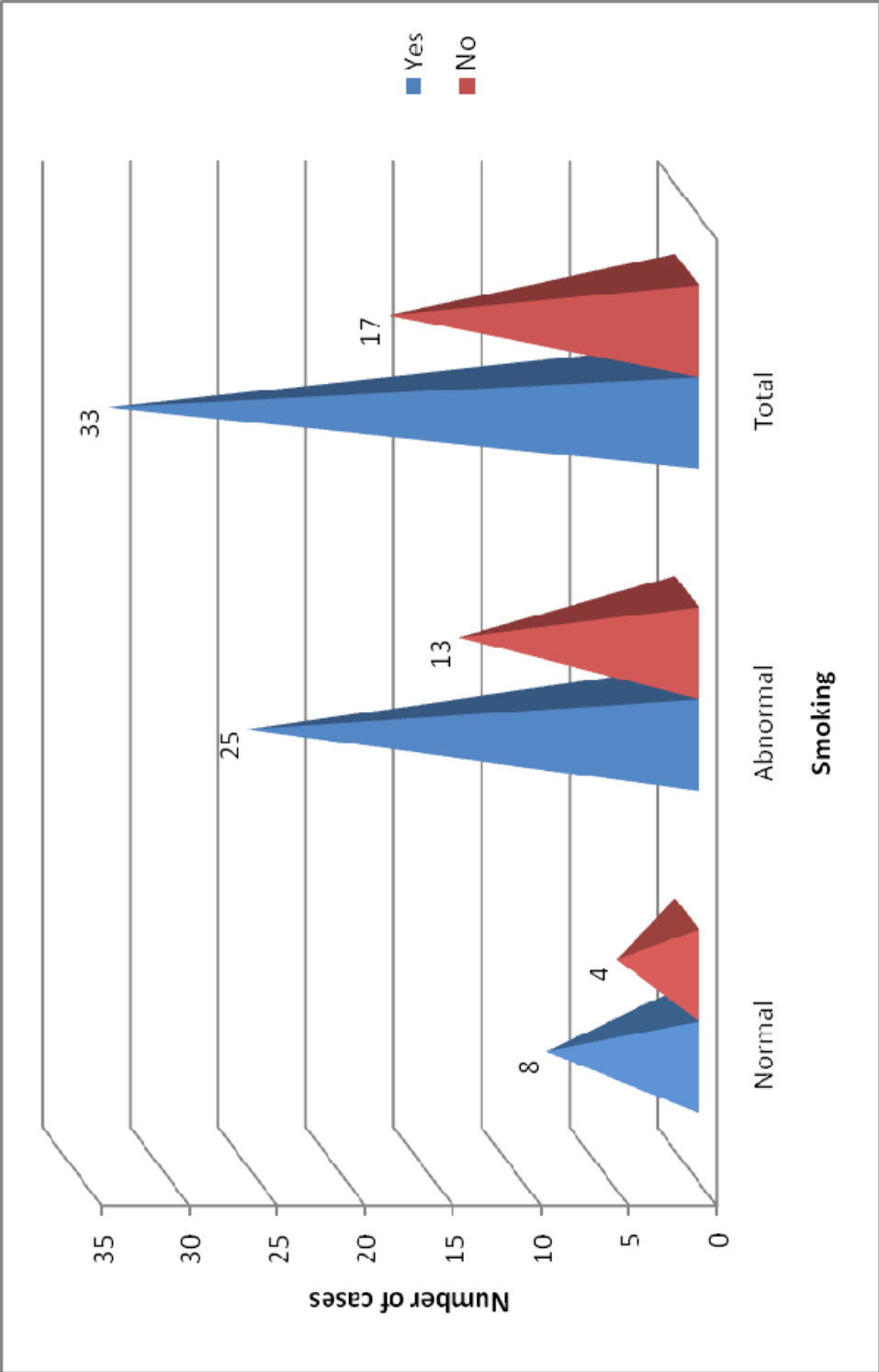
12. Association between microalbuminuria and smoking habit in the study subjects:

Table 14: Association between microalbuminuria and smoking habit in the study subjects

Smoking	Microalbuminuria			Chi-square	Degree of Freedom	Significance
	Normal ($<20\text{mg/l}$)	Abnormal ($\geq 20\text{ mg/l}$)	Total			
Yes	8	25	33	0.003	1	$P>0.05$
No	4	13	17			
Total	12	38	50			

There are 33 patients with history of smoking, out of which 25 had microalbuminuria and in 17 nonsmokers, 13 had microalbuminuria. The observation from the above table shows that there was no association between microalbuminuria and smoking ($P>0.05$).

Association between microalbuminuria and smoking habit in the study subjects

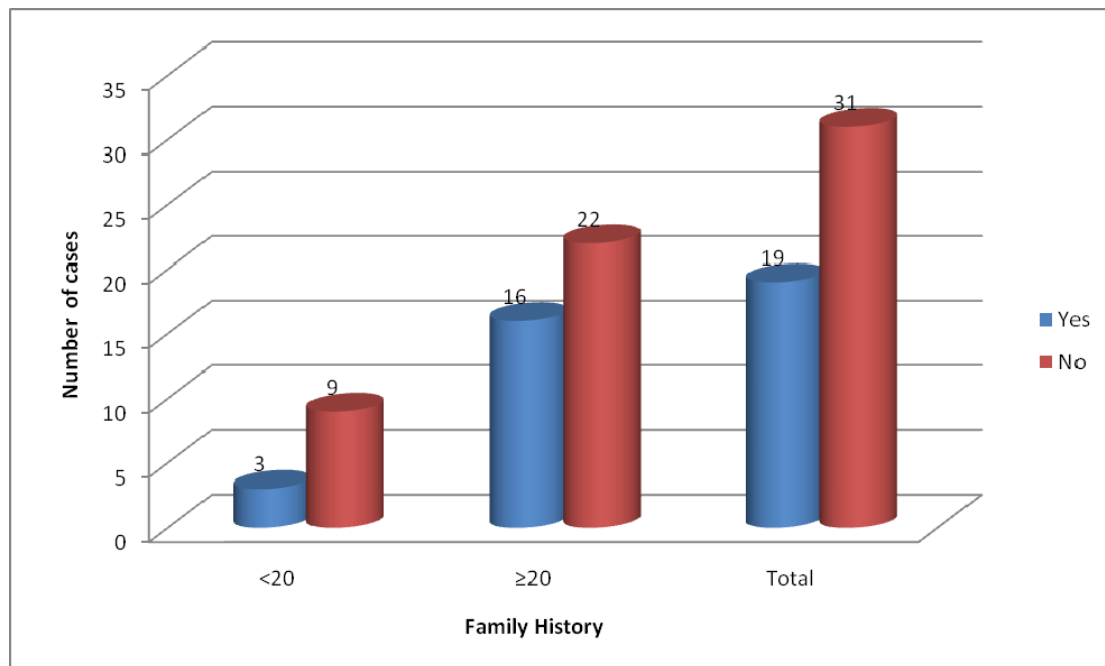


13. Association between microalbuminuria and family history of CAD

Table 14: Association between microalbuminuria with family history of CAD

Family history	Microalbuminuria(mg/l)			Chi-square	Degree of Freedom	Significance
	<20	≥20	Total			
Yes	3	16	19	1.133	1	P>0.05
No	9	22	31			
Total	12	38	50			

The observation from the above table shows that there was no significant association between microalbuminuria and family history of disease ($P>0.05$). That means both were independent.



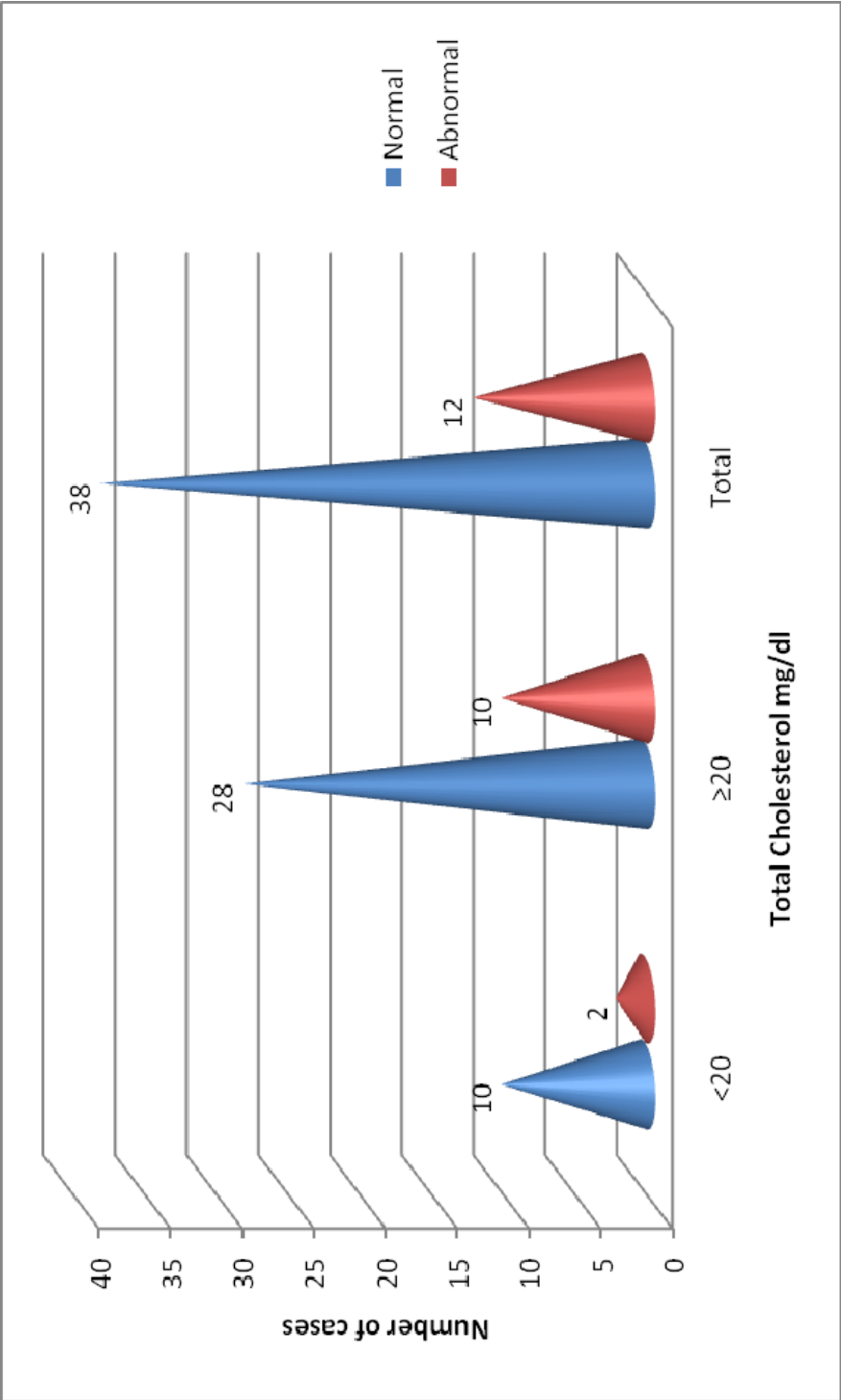
14. Association between total cholesterol and microalbuminuria:

Table15: Association between total cholesterol and microalbuminuria

Total Cholesterol (mg%)	Microalbuminuria (mg/l)			Chi- square	Degree of freedom	Significance
	<20	≥20	Total			
Normal (<200)	10	28	38	0.466	1	P>0.05
Abnormal (≥200)	2	10	12			
Total	12	38	50			

There are 12 patients with abnormal total Cholesterol, out of which 10 patients (83.33%) had Microalbuminuria and out of 38 patients (73.68%) with normal total cholesterol, 28 had microalbuminuria. The observation from above table shows that there was no significant association between total cholesterol and microalbuminuria (P>0.05)

Association between total cholesterol and microalbuminuria

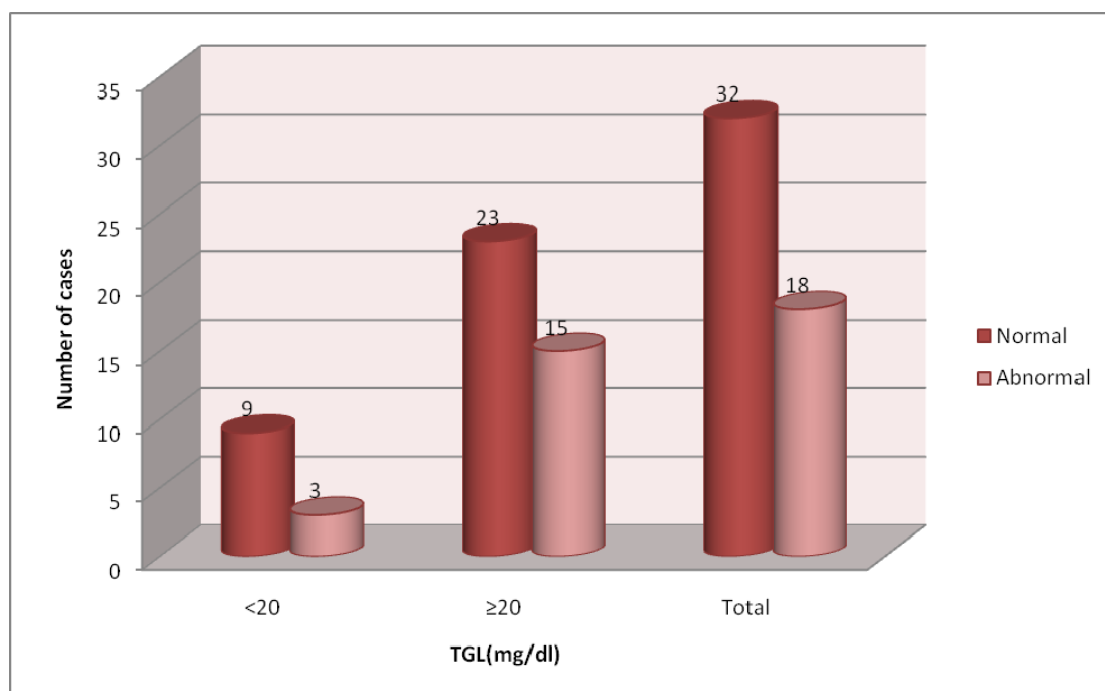


15. Association between microalbuminuria and triglycerides (TGL):

Table 16: Association between microalbuminuria and triglycerides

TGL(mg/dl)	Microalbuminuria (mg/l)			Chi-square	Degree of freedom	Significance
	<20	≥20	Total			
Normal(≤150)	9	23	32	0.829	1	P>0.05
Abnormal(>150)	3	15	18			
Total	12	38	50			

There are 32 patients with normal TGL, out of which 23 had microalbuminuria and in 18 patients with abnormal TGL, 15 had microalbuminuria. The results of the above table shows that there is no significant association between TGL and microalbuminuria (P>0.05).

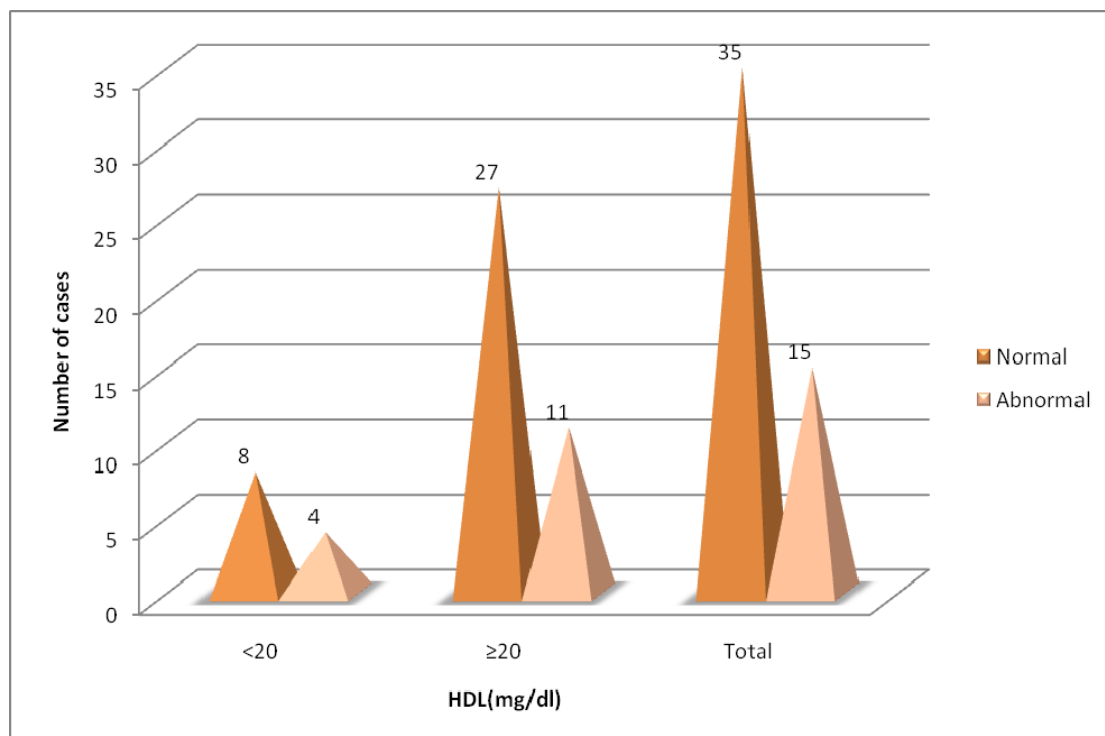


16. Association between microalbuminuria and HDL:

Table 17: Association between microalbuminuria and HDL

HDL(mg/dl)	Microalbuminuria (mg/l)			Chi-square	Degree of freedom	Significance
	<20	≥20	Total			
Normal	8	27	35	0.084	1	P>0.05
Abnormal	4	11	15			
Total	12	38	50			

There are 15 patients with abnormal HDL, out of which 11 had microalbuminuria and out of 35 patients with normal HDL, 27 had microalbuminuria. The results of the above table shows no statistically significant association between microalbuminuria and HDL ($P>0.05$)

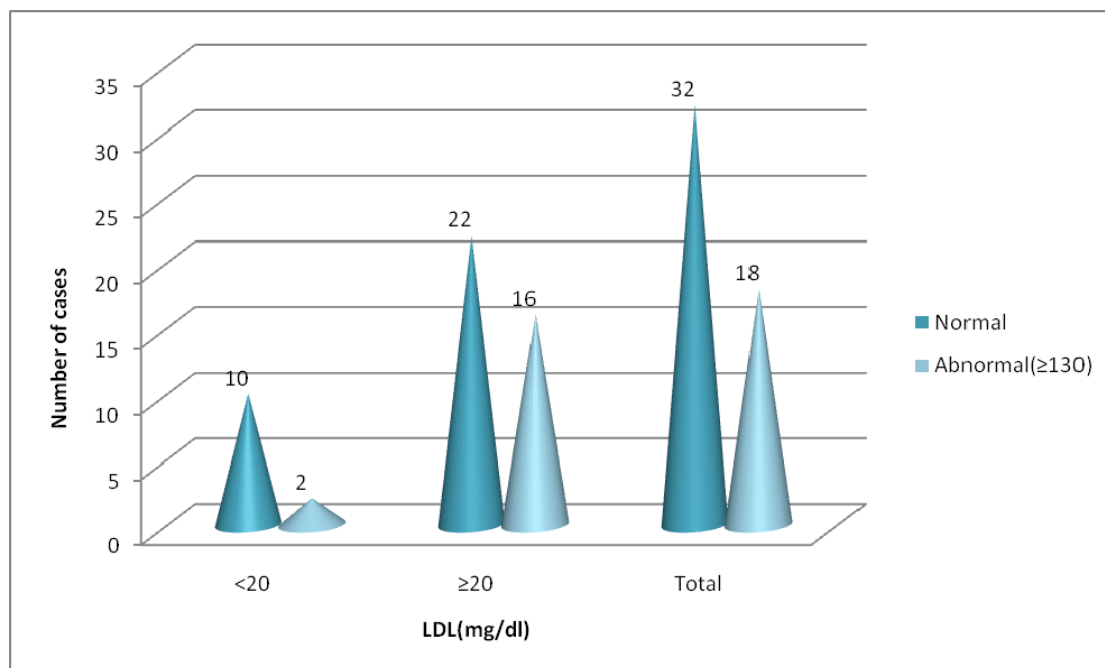


17. Association between microalbuminuria and LDL:

Table 18: Association between microalbuminuria and LDL

LDL(mg/dl)	Microalbuminuria (mg/l)			Chi -square	Degree of freedom	Significance
	<2 0	≥2 0	Total			
Normal	10	22	32	2.562	1	P>0.05
Abnormal(≥130)	2	16	18			
Total	12	38	50			

There are 18 patients with abnormal LDL, out of which 16 patients had microalbuminuria and out of 32 with normal LDL, 22 had microalbuminuria. The results of the above table shows no statistically significant association between microalbuminuria and LDL (P>0.05).



DISCUSSION

Ischemic heart disease will become a major disease burden in India by the year 2015.⁶⁰ To target preventive strategies, risk stratification of the population should be effective. There are many reports emanating from the western literature about microalbuminuria as an independent risk factor for development of IHD.

This study had 76% male patients compared to 26% female patients. This is in accordance with males are more prone for IHD than females.

The mean age of study population was 55.8 ± 10.7 years. The median age was 57 years. The mean age of males was 53.8 ± 11.6 years and the same of females was 60.5 ± 6.7 years. The significant difference of mean age between the sexes shows that male are affected by coronary heart disease quite earlier than females (Table - 5). All the females were in post-menopausal age group, which shows that sex hormones has a protective effect as far as cardiovascular system is concerned.

Smoking is present in 66% of the study subjects. Among males 94.3% were smokers but none of the females were smokers (Table 7). The

smokers had been affected by the disease quite earlier than the nonsmokers, since the mean age of the smokers was 52.9 ± 11 years and the mean age of nonsmokers was 61.5 ± 6.8 years. The difference between the mean was statistically highly significant ($P < 0.01$). This indicates that smoking is an important risk factor for IHD. **Umesh N khot et al**⁶² had found a prevalence of 41.6% in males and 29.5% in females in their study for smoking as a risk factor.

Family history of IHD was present in only 19% of study subjects.

H. C. Hillege et al had an incidence of 29%.

The mean fasting blood glucose was 100 ± 8.6 mg/dl, the mean systolic BP was 115.6 ± 9.5 mmHg, the mean diastolic BP- 74.8 ± 6.5 mmHg indicating all patients are non-diabetic non-hypertensive.

The mean Total cholesterol was 178 ± 26.8 , mean TGL was 144.5 ± 51.1 , mean HDL was 42.6 ± 3.8 , mean LDL was 123 ± 24.8 . The major dyslipidemia in the study subjects were increased TGL (36%), increased LDL (36%) and decreased HDL (30%).

The present study showed that 76% of patients with IHD had microalbuminuria which shows a positive association.

The PREVEND study⁶² showed that in a multivariate model adjusted for established cardiovascular risk factor, microalbuminuria was independently associated with infarct pattern (7.1%)(OR-1.61),major ischemia (10.6%)(OR-1.43),minor ischemia(15.1%)(OR-1.32).

In the PREVEND study⁶², 32.8% of patients had microalbuminuria and in HOPE study cohort conducted between 1994 – 1999⁶³, 20.4% had microalbuminuria compared to 76% in our study. This was probably because the present study had a cohort of IHD patients in whom microalbuminuria was estimated whereas the studies mentioned above was done on the general population.

The smoking habit was not statistically significantly associated with microalbuminuria ($P>0.05$).

The lipid profile was not statistically significantly associated with microalbuminuria ($P>0.05$).

L.Gomes MB, Da Cruz et al. showed the incidence of lipid abnormality in >45% of diabetic patients.

Campus VM, Blanchis et al showed the incidence of lipid abnormality in essential hypertension as 44 – 48%. In our study the

incidence of hyperlipidemia was below 37%.This shows hyperlipidemia is more prevalent in diabetic and hypertensive patients with CAD.

The present study showed microalbuminuria can be used as an additional cardiovascular risk indicator even in non-diabetic and non-hypertensive individual.

SUMMARY

- Male to female ratio was 2.33: 1
- Subjects in the age group 50 – 59 years constituted 42% of the study subjects.
- The youngest patient in the study was 26 years
- Family history of IHD was present in 38% of study subjects.
- Smoking history was present in 66% of study subjects. All of them are males (94.3%). Smokers are affected by disease quite earlier than non smokers.
- The abnormal lipid pattern seen was increased triglyceride (36%), increased LDL (36%) and decreased HDL (30%)
- Smoking and hyperlipidemia was not significantly associated with non-diabetic non-hypertensive coronary artery disease patients.
- Microalbuminuria ($\geq 20\text{mg/l}$) was present in 76% of study subjects with coronary artery disease.

CONCLUSION

- Among the 50 non-diabetic non-hypertensive CAD patients, 38 patients (76%) had microalbuminuria.
- Microalbuminuria is positively associated with the Ischemic heart disease in non-diabetic non-hypertensive CAD patients and can be regarded as additional risk factor for ischemic heart disease.
- Hence screening for microalbuminuria is a worthwhile public tool for cardiac risk stratification and targeting preventive strategies.

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PROFORMA

Name:

Age:

Sex:

OP/IP Number:

Occupation:

Presenting complaints:

Chestpain / breathlessness / palpitation / syncope / others

Past history:

Family history:

Personal history:

General examination:

Vital signs

Examination of cardiovascular system

Examination of respiratory system

Abdominal examination

Examination of Central nervous system

Investigations:

Urine – Albumin: Sugar: Deposits:

Early morning first void microalbumin:

Fasting blood sugar: Urea:

Creatinine:

Fasting serum lipid profile:

Total cholesterol: TGL: HDL: LDL:

12 lead ECG, Cardiac enzyme estimation, Echocardiogram.

MASTER CHART

S. No	Name	IP/OP No	Age	Sex	Family H/o IHD	Smokin g	SBP mmHg	DBP mmHg	FBS mg%	TC mg%	TGL mg%	HDL mg%	LDL mg%	Micro albuminuria mg/l
1	Prabhakaran	36886	34	M	Yes	Yes	120	70	110	142	110	39	81	30
2	Samuel	29323	35	M	No	Yes	110	80	110	249	179	40	185	30
3	Krishnan	34231	72	M	Yes	Yes	130	80	105	208	154	41	128	16
4	Subramani	20126	53	M	Yes	Yes	120	60	104	186	102	40	125	68
5	Sivakami	35255	64	F	No	No	130	70	110	176	141	39	11	7
6	Muthammal	38354	58	F	Yes	No	120	80	99	240	170	41	184	37
7	Muthukumaraswamy	12252	74	M	Yes	Yes	130	80	94	161	119	40	97	24
8	Arumugam	45196	67	M	Yes	Yes	120	80	103	156	116	40	92	30
9	Kandaswamy	25971	56	M	No	Yes	100	70	107	175	120	44	107	18
10	Rajammal	33155	59	F	Yes	No	110	80	101	217	100	48	149	27
11	Maharajan	39684	33	M	No	Yes	110	70	110	202	167	49	120	61
12	Pappa	37904	51	F	No	No	120	70	109	179	111	52	104	64
13	Sankaran	30325	65	M	Yes	Yes	130	80	98	184	101	45	120	82
14	Mani	29240	47	M	No	Yes	110	70	94	178	187	48	92	30
15	Rajaram	16355	61	M	No	Yes	100	80	100	180	110	48	124	16
16	Sankar	40424	26	M	No	Yes	100	70	110	160	120	40	120	30
17	Eswaran	13244	58	M	Yes	Yes	120	70	104	188	114	40	138	70
18	Peer mohamed	23355	50	M	Yes	Yes	110	80	108	154	114	42	98	29
19	Gandhi	16490	55	M	No	Yes	130	70	100	110	115	40	120	30
20	Sornathammal	14207	57	F	No	No	110	80	98	190	441	30	130	28
21	Vembu	37585	69	M	Yes	No	120	60	104	175	146	45	120	49
22	Chellammal	50064	62	F	No	No	130	80	110	185	192	46	100	25
23	Lakshmanan	23172	62	M	No	Yes	100	70	108	180	110	44	194	60
24	Ganapathy	39322	50	F	No	No	100	80	104	210	164	44	138	24
25	Eruthayamani	49597	69	M	Yes	No	110	60	100	200	160	44	170	28
26	Pandaram	30345	58	M	No	Yes	120	80	96	142	110	42	90	15
27	Perumal	17680	40	M	No	Yes	110	70	102	180	110	42	130	29
28	Sedhu	29196	50	M	Yes	Yes	120	80	82	114	120	40	94	34
29	Shanmugam	31654	56	M	No	Yes	110	80	90	142	110	42	90	15
30	Chithra	44433	53	F	No	No	110	70	112	170	100	45	120	29
31	Abdul kadar	30434	50	M	No	Yes	110	80	84	204	170	44	132	38
32	Petchiammal	17362	61	F	No	No	130	80	100	176	141	35	114	18
33	Sankarammal	50847	63	F	No	No	120	70	99	200	168	43	140	44
34	Sheik abdul kadar	16010	72	M	Yes	Yes	120	80	98	184	192	44	108	30
35	Muthukrishnan	22052	40	M	No	Yes	130	80	90	150	14	40	110	18
36	Paul raj	13068	54	M	Yes	yes	110	80	80	160	120	44	108	29
37	Damodaran	31083	42	M	No	Yes	120	70	88	180	134	43	127	61
38	Ramachandran	25995	48	M	No	Yes	100	70	98	210	165	42	170	19
39	Srinivasan	22180	54	M	Yes	Yes	110	80	100	210	174	4	134	30
40	Sankarapandian	14734	40	M	No	Yes	120	70	104	175	140	38	120	17
41	Alagammal	46006	62	F	No	No	110	80	90	185	192	44	110	43
42	Chelladurai	27895	42	M	No	Yes	120	80	80	180	153	40	130	35
43	soosaimuthu	13704	60	M	No	Yes	130	70	88	210	174	43	134	30
44	Ramiah	32672	56	M	Yes	Yes	120	60	90	154	140	43	136	28
45	Petchiammal	17669	71	F	Yes	No	110	80	100	178	110	50	110	14
46	Seenivasan	40455	58	M	No	Yes	100	80	99	160	120	42	110	44
47	Muthammal	50487	75	F	No	No	120	80	102	175	146	40	112	60
48	Maagani	31661	62	F	Yes	No	110	80	112	158	164	39	134	15
49	Saraswathy	45854	60	F	No	No	110	70	104	170	150	46	108	20
50	Arumugam	16902	57	M	No	Yes	120	80	114	170	134	45	130	58

KEY TO MASTER CHART

I P →Inpatients

O P →Out patients

H/O →History

SBP →Systolic blood pressure

DBP →Diastolic blood pressure

FBS →Fasting blood sugar

TC →Total cholesterol

TGL →Triglycerides

HDL →High density lipoprotein

LDL →Low density lipoprotein

IHD →Ischemic heart disease

S.No →Serial number